

St. Rita's In Step

Volume 44 Issue 02

St. Rita's Medical Center Employee Newsletter

January 09, 2009



■ **Development Payroll Deduction On Jan. 8 Pay Stub**

■ **New Donation Hours For Thrift Shop**

■ **Health Resource Center 1st Anniversary**

■ **Free Hearing Screening**

■ **Menu**
InStep Articles Must Be Submitted to Carole Dugan by Noon on Wed. for the next InStep.



From Spiritual Care

If you are patient in one moment of anger, you will escape a hundred years of sorrow. Chinese Proverb.

Submitted by Joe Heeter

St. Rita's Donates 12 Lead Technology To Spencerville Squad



Julie Sheets, Spencerville EMS Captain; Mary Marker, Heart Center Administrator; Brenda Snyder, SRMC EMS Coordinator and Sharon Purdy, Spencerville Paramedic/Education Coordinator (seated).

St. Rita's has added Spencerville EMS to the area squads equipped with the 12 lead technology which allows EMS squads to start lifesaving treatment on heart attack patients on the way to the medical center. In addition to Spencerville, St. Rita's has provided or assisted in the purchase of 12 lead technology for Wapak, Delphos, Putnam County EMS, American Township, Cridersville Perry, LACP and MedCorp.

St. Rita's Transitional Care (TCU) Receives Top Rating

St. Rita's TCU received a five star rating from Medicare (CMS). St. Rita's is the only facility in Lima to receive the top rating. The ratings are based on unannounced inspections results of quality studies and staffing ratios. Congratulations to TCU and everyone involved!

The overall ratings of nursing homes can be found on the CMS website.

Health Resource Center Celebrates First Anniversary

JC Standards

Compliance Issues

The JC collects data on organizations' compliance with its standards. The most cited standards and frequency are as follows.

1. M.M.2.20 Medications are properly and safely stored- (43%)
2. Goal 2, Requirement 2C - timely receipt by the responsible licensed caregiver of critical test results and values- (29%)
3. EC.5.20- newly constructed and existing environments comply with the Life Safety Code- (29%)
4. IM.6.10- Hospital has a complete and accurate medical record for patients assessed, cared for, treated or served (26%)
5. IM.6.50- Designated qualified staff accept and transcribe verbal or telephone orders for authorized individuals (25%)
6. Goal 2, Requirement 2B- The organization has a standardized list of abbreviations, acronyms, symbols and dose designations used throughout the organization (25%)

We can be sure if we are surveyed JC will thoroughly look at these issues.

Please review our policies and processes on these issues



Kathy Herold, Health Resource Center Coordinator Shows Young Guests One Of The Educational Displays I

The Health Resource Center at St. Rita's has officially marked its one year anniversary! The number of visitors to the center continues to grow. December marked our best month ever, with over 1,000 visitors to the center.

The staff at the Health Resource Center now offers free blood pressure checks as well as quiet spaces to complete those mandatory in-services in ThinQwise.

Please keep in mind that the HRC can showcase your area's programs and services. It's a great place to let the public know what you have to offer. We can also help you set up educational displays for topics of the month related to your services.

If you need a little leisure reading material, we have used paperbacks and magazines that you may take from the center.

Notify Human Resources Of Any Change Of Address by January 10

All employees that have a change of home address and have not submitted it to Human Resources please do so by Friday, January 10. This will alleviate any issues when SRMC mailings and W2's are mailed to employee homes.

Angel Food Available For Purchase At Churches

Angel Food Ministries is a non-profit, non denominational organization dedicated to providing food relief to communities throughout the USA. It provides food purchased in large volumes to provide cost savings.

A box of Angel Food can be purchased for \$30 (a box retails anywhere from \$45 to \$75 with an average retail value of right around \$60). Products are high quality, "name brand" foods - never "seconds" or "day old type" products. Each month's food menu consists of both fresh and frozen items. There are no applications or qualifications, anyone can participate. Angel Food Ministries also participates in the U.S. Food Stamp Program, using the Off-Line Food stamp Voucher system. This ensures that the needy in your area are getting the maximum value for their grocery dollar, usually resulting in their receiving twice the amount of quality foods for their "food stamp dollar".

There are no qualifications, minimums, income restrictions, or applications. Everyone is encouraged to participate. Some churches even encourage participants to apply the money they saved to help someone else in need.

Food Can Be ordered from the following :

Grace Community Church, 4359 Allentown Road, Lima

Lighthouse Baptist Church, 900 West Grand Avenue, Lima

Lima Community Church, 2945 North Cole, Lima

Breakthrough Christian Outreach Center (Formerly: Christian Life Center) Van Wert

Harvest Assembly of God, West Leipsic

New Hampshire Church of the Nazarene New Hampshire

Spencerville Church of the Nazarene, Spencerville

St. Marys First Church of the Nazarene, St. Marys

For more information please go to the Angel Food website Limaangelfood.com.

For additional information on locations and ordering call 419-223-9646 Ext. 1406 or email at: angelfood@limacc.com

Gift Shop Birthday Discounts

Employees get a 20% discount in the Gift Shop when purchasing items on their birthday. You will need to show your driver's license.

Free Hearing Screenings For Adults

St. Rita's Audiology will be offering free hearing screenings for adults on January 13 from 1:00-4:00 PM and January 27 from 9:00 a.m. until Noon. Contact Call A Nurse at 419-226-9000 or 1-800-437-4827 to schedule an appointment.

St. Rita's Thrift Shop Open Late for Your Donations

For your convenience, the Thrift Shop will be open the first Monday of every month from 3:00 PM - 6:00 PM for your donations only starting February 2nd. Just ring the doorbell and someone will be available to accept your contributions. The shop is located at 318 W. North St. and is open for shopping on Tuesdays, Thursdays and Fridays from 10:00 a.m. to 4:00 PM.

Walgreens At St. Rita's Employee Discounts

St. Rita's Employees can receive a 15% discount on brand name over-the-counter purchases and 20% off Walgreens products. The discount is available only at the Walgreens at St. Rita's. You must show your employee badge.

Development Payroll Deduction Totals On January 8 Pay Stub

Employees who contribute to the Development Fund through Payroll Deduction will find their 2008 year-end total noted on the pay stub of the first pay in January 2009. **The January 08 pay stub should be kept as your record for federal income tax requirements.**

Currently over one third of St. Rita's employees are donating to The Medical Center of the Future, and the Caring Committee through payroll deduction. If you are interested in becoming a member of St. Rita's Mercy Club, or other giving clubs, please stop by the Development Office on the third floor or call ex. 9044.

Tips From America On The Move

Be safe while adding steps to your day! Try these tips for a workout that's both healthy and safe:

- Walk in well-populated areas during daylight hours.
- Wear a reflective jacket and shoes or a flashing light if you go out at dusk or in the early morning.
- Carry a cell phone or money to make a call in case of emergency.
- Take a buddy. You'll be safer and have more fun!
- Bring water if you're planning a lengthy walk or exercise session.

November STARS \$50.00 Sweepstakes Winners

Recipients of STARS Awards

NAME

Craig Albers
Denny Dunlap
Kathy Eberle
Virginia Hartman
Jan Krietemeyer
Jayme Lore
Marsha Opperman
Mary Jo Schroeder
Amy Teders
Manette Wolff

DEPARTMENT

8B – Surgical
PCACC / DACC
Labor & Delivery
Call-A-Nurse
OP CT Scanning
4K – ICU Stepdown/Tele
Home Care Admin.
4D – ICU
CT Scan – PCACC
Patient Registration

Nominators of STARS Awards

NAME

Krista Beining
Maryellen Bonito
Sharren Douglas
Janelle Fields
Tina Gilbert
Michael Kerrl
Jenni Litten
Jane Moser
Kristina Ruppert
Douglas Straker

DEPARTMENT

Radiology
Recovery Room
Housekeeping
Cardiac Cath Lab
Nuclear Medicine
4K – ICU Stepdown/Tele
Lima Allen Co. Paramedics
6K – Renal Tele
Recovery Room
8E - TCU

Employee Mammogram Incentive Changing

After five years of providing special days for employees to get their mammograms, we are going to try something new in 2009. The Women's Wellness Center will *not* be holding their annual Beach Party in April or Fall Harvest in October. We have heard from many employees that they would love to participate on those special days, but it is too hard to get away from their work areas. In addition, other employees' annual mammogram time frames fall in between the special events.

In 2009, any employee who comes in for a mammogram at any of our four locations will be eligible for a monthly doorprize drawing. Simply show your ID badge when you come in and your name will be entered for that month's drawing.

The American Cancer Society, the National Cancer Institute and the American College of Radiology still recommend that women 40 years of age and older have an annual mammogram. If you have a strong family history of pre-menopausal breast cancer, you may consider starting at age 30.

Patient Pride Comments



- I enjoyed the visit from patient pride. I really liked the individual attention I received along with the friendly conversation. I hope this service continues. Thanks.
- Thank you for Patient (Pride). What a wonderful feeling she gave me. I felt beautiful again. It really gave me pleasure. Thank you.
- (Your volunteer) is a wonderful asset to St. Rita's Patient Pride. She gave me an amazing hand massage and very pleasant, encouraging and inspiring conversation! Thank you for sending her; she is a great blessing!
- As I had used it before, it was a most (welcome) sight during my hospital stay. . . I think it's a must for every hospital.
- I love the lotion and makeup. It makes your day brighter and leaves you feeling pretty, happy and ready to receive visitors. Keep up the great work! Thank You!
- (It) lifted my spirits – made me feel better and more alive. This lady was very nice and a pleasure to meet... a wonderful job she is doing.
- It was very soothing and comforting to my hands and arms. It made me forget my pain. Nice to visit with the volunteer
- Thanks for making me feel like a lady when times were rough. I needed this very much. Happy Holidays.
- After showering for the first time following surgery, (the volunteer) appeared. She soothed me during her massage & facial. It helped take my pain off my mind and helped my whole body relax. Thank you very much!
- (The volunteer) was great. She helped my mom feel much better; refreshed her spirit as well as her skin. Thank you!!!
- Just having someone wonderful to talk with – the rubs and massage were wonderful. Thank you for the wonderful people you let us meet.
- I never thought that Patient Pride would be the program to make me more welcome or feel so relaxed! Keep it up...
- It was very calming and relaxing – made me feel comfortable and better about myself after surgery. Thank you very much.

Patient Pride is looking for additional volunteers to provide this greatly appreciated service. If you know someone who could give a few hours a month, please ask them to contact the volunteer office.

Cafe

High Street

High St Café News

The criteria follow the American Heart Association guidelines

- Meal is 500 calories,
- less than 30% of its calories from fat
- under 700 mg of Sodium

500 Calorie Healthy Habits Meal

Look for the Red Entrée.



Monday, Jan. 12th

- **Tomato Bisque or Broc. And Cheese**

Tuesday, Jan 13th

- **Broc. And Cheese or Potato**

Wednesday, Jan. 14th

- **Pepper Soup or Chef's Choice**

Thursday, Jan. 15th

- **Chef's Choice or Chicken Noodle**

Friday, Jan. 16th

- **Tortilla or Chicken Noodle**

*Sunday
Jan 11th*

*Monday
Jan. 12th*

*Tuesday
Jan. 13th*

*Wednesday
Jan 14th*

*Thursday
Jan. 15th*

*Friday
Jan. 16th*

*Saturday
Jan. 17th*

Grill: Chef's Choice
Entrée: Chef's Choice

Grill: Pork Tenderloin
Deli: Cranberry Chicken Salad
Sauté: Sweet and Sour
Pizza: Meat lover
Entrée: **Sweet and Smokey Chicken**
Pasta and Meatballs

Self Serve: Nacho Bar

Grill: Chicken Club
Deli: Chicken Cole Slaw Wrap
Sauté: Salad Station
Pizza: Garlic Cheese Bread
Entrée: Shredded Chicken
Garlic Pork

Self Serve: Potato Bar

Grill: Philly Steak
Deli: Ham Salad
Sauté: Beef and Bok Choy
Pizza: Smokehouse
Entrée: **Pineapple Soy Chicken**
BBQ Rib

Self Serve: Chef's Choice

***** AM Omelet Station**

Grill: Coney Dog
Sauté: Shrimp Scampi
Deli: Tuscan Panini

Pizza: Philly
Entrée: **Caribbean Chicken**
Meat Lasagna

Self Serve: Veggie and Dip Bar

Grill: Fried Shrimp
Sauté: Chicken Chop Suey
Pizza: Cheeseburger
Deli: Waldorf Turkey
Entrée: **Tortilla Crusted Tilapia**
Beef Stroganoff

Self Serve: Pasta Bar

Entrée: Fish and Chips